



## Tortilla Soup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 servings monterrey jack cheese sour grated sliced chopped for topping
- ☐ 28 oz tomatoes diced canned
- ☐ 1 tablespoon kosher salt
- ☐ 8 oz corn tortillas cut into 1/4-in.-thick strips (see notes)
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 8 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 juice of lime

- ☐ 12 cups chicken broth reduced-sodium
- ☐ 2 large onion chopped
- ☐ 0.5 teaspoon pepper red
- ☐ 2 pounds chicken breast boneless skinless cut into 1/4-in.-thick strips
- ☐ 1 tablespoon vegetable oil for frying plus more

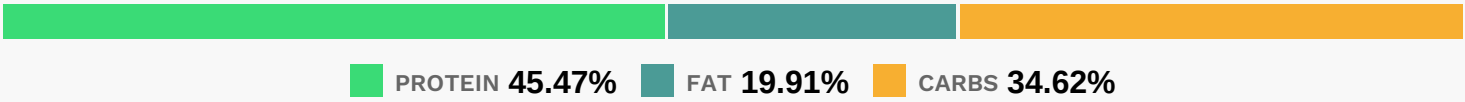
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ slotted spoon

## Directions

- ☐ Heat 1 tbsp. vegetable oil in a large pot (at least 5 qts.) over medium heat.
- ☐ Add onions and cook until translucent, 5 to 7 minutes. Stir in two-thirds of the garlic, 1 tbsp. salt, cumin, and chile flakes and cook 2 minutes.
- ☐ Add broth, tomatoes, and half the lime juice and increase heat to a gentle simmer; cook 20 minutes.
- ☐ Meanwhile, pour about 1 in. of vegetable oil into a small frying pan set over medium-high heat. When oil is hot but not smoking, add one-third of the tortilla strips and cook until golden brown and crisp, about 2 minutes. With a slotted spoon, transfer strips to a paper towel-lined baking pan. Repeat with remaining tortilla strips in two batches.
- ☐ Sprinkle with 1 tsp. salt. Set aside.
- ☐ Pure soup in batches in a blender. Return soup to pot and resume simmering. In a small bowl, toss chicken with remaining lime juice, garlic, and 1/2 tsp. salt. Marinate at room temperature for 10 minutes, then add to soup and simmer 5 minutes, until chicken is just cooked through. Stir in cilantro.
- ☐ Serve hot with tortilla strips and your choice of toppings.

## Nutrition Facts



## Properties

Glycemic Index:28.58, Glycemic Load:8.73, Inflammation Score:-7, Nutrition Score:27.708695567173%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

## Nutrients (% of daily need)

Calories: 391.31kcal (19.57%), Fat: 8.94g (13.76%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 30.14g (10.96%), Sugar: 6.47g (7.19%), Cholesterol: 97.66mg (32.55%), Sodium: 1699.32mg (73.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.96g (91.91%), Vitamin B3: 23.91mg (119.55%), Vitamin B6: 1.53mg (76.62%), Selenium: 51.87µg (74.1%), Phosphorus: 632.84mg (63.28%), Potassium: 1409.27mg (40.26%), Vitamin C: 22.81mg (27.65%), Vitamin B2: 0.42mg (24.73%), Vitamin B5: 2.47mg (24.68%), Copper: 0.48mg (23.85%), Magnesium: 95.06mg (23.77%), Iron: 3.8mg (21.08%), Manganese: 0.41mg (20.47%), Fiber: 4.85g (19.38%), Vitamin B1: 0.23mg (15.32%), Zinc: 2.24mg (14.92%), Calcium: 131.83mg (13.18%), Vitamin K: 13.79µg (13.13%), Vitamin B12: 0.78µg (13.04%), Vitamin E: 1.51mg (10.06%), Vitamin A: 448.55IU (8.97%), Folate: 31.06µg (7.76%), Vitamin D: 0.16µg (1.05%)